

# inter nos

VOLUME 51, NO. 1

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*inter nos* is the official newsletter of the National Association of Teachers of Singing. It is published two times per year (spring and fall) for all NATS members.

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## PUBLICATION DEADLINES:

All material for publication must be submitted to the NATS Executive Office by the following deadlines:  
Spring issue ..... Feb. 1  
Fall issue ..... Aug. 1

**Mission:** *The National Association of Teachers of Singing, Incorporated, is a nonprofit organization dedicated to encouraging the highest standards of the vocal art and of ethical principles in the teaching of singing; and to promoting vocal education and research at all levels, both for the enrichment of the general public and for the professional advancement of the talented.*

The National Association of Teachers of Singing, Inc. is a member of the National Music Council.

# INDEPENDENT VOICES

## From the Independent Teacher Associate Editor Running on Empty: 12 Tiny Changes

I recently purchased a new car and was amazed at all of the bells, whistles, and safety features that come standard. One of my favorite high-tech features is the FUEL RANGE INDICATOR that tells me how much farther I can go before I roll to a stop. This is particularly helpful when the little gas pump icon lights up to remind me to find a gas station and I am relieved to discover I can still go another 20 miles. (It is a fact of life that people who wait for the little gas pump light to come on before fueling, are inevitably married to people who fill up when the tank is half empty and wouldn't dream of waiting for the little light. But I digress...)



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It would be very helpful to have a FUEL RANGE INDICATOR for my life. Like many of my colleagues I often keep going and going until I run out of mental and physical fuel.

A real-life BACK UP CAMERA would also be great! Imagine being able to see what opportunity or challenge is coming along right behind you.

Or how about that LANE CHANGE WARNING? The side mirrors beep when I activate my turn signal and someone is in my blind spot. How many bad decisions could I have averted if a real-life lane change warning beeped as I was veering into the path of an obstacle.

There is even a DISTRACTED DRIVER coffee cup icon that pops up on the dash on long road trips when the car decides you aren't quite as focused as you need to be. Time to take a break!

A built-in MINDFULNESS feature will not allow certain functions, such as setting the clock, if the car is moving. Brilliant!

So, now that my car is officially smarter than me and may be making better decisions, I decided that it's time to revisit Kristine Hurst-Wajszczuk's blog [12 Tiny Changes](#). "Dr. Kris" originally posted the weekly blog for her University of Alabama-Birmingham Opera students. In January, she posted, "It's time to revisit the 12 TINY CHANGES series I posted a few years ago. We're not going to attempt to

*continued ...*

## Call for Submissions

Short articles on relevant topics are being accepted for inclusion in the independent teacher section of future issues of *Inter Nos*. Submissions should be sent by email to [CynthiaVaughn@mac.com](mailto:CynthiaVaughn@mac.com).

## continued: Independent Voices — Running on Empty

to overhaul your lives: that's a losing proposition. But we can all make tiny adjustments without much discomfort, and they slowly become part of our new life habit. Small changes in our thinking and behavior make a big difference over time."



"It would be very helpful to have a fuel range indicator for my life. Like many of my colleagues I often keep going and going until I run out of mental and physical fuel."

In this issue of NATS Inter Nos Independent Voices, long-time NATS member **Elizabeth L. Blades** talks about her much-anticipated update to the classic *A Spectrum of Voices: Prominent American Voice Teachers Discuss the Teaching of Singing*. "It's the best advice from some of the best teachers" of today and previous generations.

In her article *Diversity & Inclusion In the Independent Studio: Welcoming All Voices*, **S. Rebeqa Rivers** challenges us to step outside of our comfort zones and to question our assumptions about students and styles of music. She offers practical suggestions to cultivate the practice of self-examination to prepare ourselves to include and welcome diverse students.

We spotlight the dual-careers of four prominent NATS members in *Alter-egos: Secret Lives of Singers* and follow some hot topics from online forums.

Until next time....my low fuel light just came on! Time for a break.

—Cynthia Vaughn

*Cynthia Vaughn teaches voice at Magnolia Music Studio in Richland, Washington, the studio she originally founded in Fort Collins, Colorado. She was formerly on the voice faculties of Colorado State University and Cedarville University. Cynthia Vaughn and Meribeth Dayme, PhD, are co-authors of a leading college voice class textbook/anthology, The Singing Book (WWNorton, 3rd Edition 2014). Cynthia wrote the "Currents" column for Inter Nos and was a featured writer and editor for Classical Singer magazine.*